

Whole Health & Well-Being Calendar April 1 – June 30, 2023

MKE VA, UG, and NEWAC clinics | Open to Veterans enrolled in VA healthcare

MONDAY No class Federal Holidays Call to register: 1-888-469-6614

| Times | Class | Extension |
|---------------|---|-----------|
| 9:00-10:00am |  Guided Emotional Freedom Technique Session I: 4/3 -5/8, Session 2: 5/15 -6/26 | 43611 |
| 10:00-11:00am |  Health Coaching for Women 4/24-6/12 | 43611 |
| 10:30-11:00am |  Guided Imagery 1-872-701-0185 Conference ID: 916 314 395# | 43611 |
| 1:00-1:45pm |   Warrior Stance Chair Yoga Session I: 4/3-5/8, Session II: 5/15-6/26 | 43611 |
| 3:00-4:30pm |  VA Calm Mindfulness Group 4/17-6/12 | 43611 |
| 4:00-4:45pm |   Tai Chi Session I: 4/3-5/8, Session II: 5/15-6/26 | 43611 |

TUESDAY Call to register: 1-888-469-6614

| | | |
|---------------|---|-------|
| 9:00-10:00am |  WAMM (Walk A Mile or More) | 42893 |
| 10:15-11:45am |  Taking Charge of My Life and Health 4/25 -6/6 | 43611 |
| 11:30-12:00pm |  Meditation 1-872-701-0185 Conference ID: 773 544 290# | 43611 |
| 12:00-1:30pm |   Healthy Sleep Class (Every 4th Tuesday) 4/25, 5/23, 6/27 | 45764 |
| 1:00-1:45pm |   Tai Chi Session I: 4/4-5/9, Session II: 5/23-6/27 | 43611 |
| 1:00-2:00p.m |   Skill-Building: Moving the Body 4/11-5/30 | 43611 |
| 4:00-4:45pm |   Warrior Stance Yoga Session I: 4/4-5/9, Session II: 5/23-6/27 | 43611 |

WEDNESDAY Call to register: 1-888-469-6614

| | | |
|---------------|---|-------|
| 9:00-10:00am |  WAMM (Walk A Mile or More) | 42893 |
| 10:00-11:00am |  Health Coaching Monthly Maintenance Group- 4/12, 5/10, 6/14 | 43611 |
| 1:00-1:45pm |   Warrior Stance Chair Yoga (1st, 2nd, 3rd Wed. of the Month, starts on 4/12) | 43611 |
| 1:00-2:00pm |  Intro to Healing Touch - 4/12, 5/10, 6/14 | 43611 |
| 2:00-3:30pm |  MOVE! Orientation 5/17 | 47387 |
| 3:00-5:00pm |  OT Lifestyle Clinic | 42893 |
| 4:00-4:45pm |   Warrior Stance Yoga Session I: 4/12-5/17, Session II : 5/24-6/21 | 43611 |

THURSDAY Call to register: 1-888-469-6614

| | | |
|---------------|--|-------|
| 9:00-10:00am |  WAMM (Walk A Mile or More) | 42893 |
| 10:00-11:00am |  Meditation & Mindful Awareness-1-872-701-0185, ID 820 015 139# | 43611 |
| 11:00-12:00pm |  Live Your Best Life: Whole Health and Well-Being Orientation | 43611 |
| 11:30-12:30pm |  Skill Building: Crushing Codependency-4/20-6/8 | 43611 |
| 1:00-2:00pm |  Skill-building: Recharge- 4/20 -6/8 | 43611 |
| 1:00-1:45pm |   Tai Chi Session I: 4/13-5/18 Session II: 5/25-6/22 | 43611 |
| 2:00-3:30pm |  MOVE! Orientation: 4/20 or 6/15 | 47387 |

FRIDAY Call to register: 1-888-469-6614

| | | |
|---------------|--|-------|
| 10:00-11:30am |  Women's Taking Charge of My Life and Health 4/7-6/2 | 43611 |
| 11:00-12:00pm |  VA Calm Maintaining Mindfulness (must attend Monday VA Calm group first) | 43611 |

Call 414-384-2000 and extension listed for more information
Self-Referral Classes January-March, 2023

 **Health Coaching** Ext. 43611

A Health Coach offers accountability and partners with the Veteran in making meaningful and sustainable behavioral change. Individual or Group options available.

 **Taking Charge of My Life and Health** Ext. 43611

Empowers Veterans to assess their life, learn skills for change and develop self-care.

 **Chaplain Services** Ext. 42160

Chapel open 8:00am-4:00pm, 7 days a week.

 **Wellness Power Hour** Ext. 48629 for link

Education for Veterans and Staff
3/15- Food/Drink, 4/19- Power of the Mind,
5/17- VA2K & Moving the Body



 **Clinical Hypnosis** Ext. 48629

A tool to support habit change and improve well-being.

 **Veteran Video ConnecZEN** Ext. 41197

Learn an art form using patterns to create beautiful images while you harness a sense of well-being. Call for times.

 **ROSE: Reach Out Stay Strong Essentials** Ext. 41213

Pregnant Veterans learn skills to cope with stress, manage relationships and plan for birth.

 **Pregnancy Loss Group** Ext. 41213 for more information

 **Diabetes Education** Ext. 45888

Support and education for Diabetes Self-Management.

Tobacco Treatment/ Smoking Cessation

Virtual telephone support: 8:00am-8:00pm

1-855 QUIT VET (1-855-784-8838) Monday-Friday,

Text **VET to 47848**, or visit **Smokefree.gov/VET**

 **Library Services** Ext. 42341

Monday-Friday, 8:00am-4:30pm

 **Visual Impairment Series:** Ext. 41832 for Webex link

Rotating topics and resources related to vision loss.

Fridays 11:00 -12:00pm: 4/21, 5/19/, 6/16

Join by phone: 14043971596

Access code: 1991431062#

or to join by computer, call (414) 384-2000, ext. 41832

 **Pregnancy Education Series** Ext. 41100

Cohort A: Tuesdays 4-5pm, Cohort B: Wednesdays 12-1pm

 **Functional Rehab Group (FRG) for Persistent Pain**

(Starts 4/3, 8 weeks) Ext. 41100

1-3pm Mondays, Wednesdays, and Fridays

 **Coping Skills** Ext. 45764 for more information

Appleton, Green Bay and Cleveland Only:

Toll-Free: 1-877-204-7970

 **Seated Tai Chi** (Open to all Veterans) Ext. 47902

Tuesdays, 10-11:00am, PT referral required

 **Seated Yoga** (Open to all Veterans) Ext. 47902

Mondays, 10-11am, PT referral required

 **Seated Yoga** (Open to all Veterans) Ext. 47902

Thursdays 2-2:45pm, PT referral required

 **NEWAC Prediabetes and Diabetes Education**

Ext. 47442

Tuesdays, 1:30-3pm or Wednesdays, 9-10:30am

 **Healthy Sleep Class** Ext. 47889

Every 4th Wednesday, 10:00-11:30am

 **Healthy Aging Class** Ext. 47889

Every 4th Tuesday, 11:00am-Noon

 **Coping Skills Group** Ext. 47551 or 47520

Learn tools to cope with life. Mondays, 2:00-3:00pm

 **Taking Charge of My Life and Health** Ext. 43611

Wednesdays 5/3-6/7 2pm-3:30pm

 **Taking Charge of My Life and Health** Ext. 43611

Tuesdays 4/18-6/6 2:15pm-3:45pm

 Video only

 Both video/in-person

 Milwaukee In-person

 Green Bay In-person

 Appleton In-person



VA Video Connect Program Help Desk

1-866-651-3180



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Milwaukee VA Medical Center and Clinics